

LOW CARB LEAFY GREENS

Leafy greens are the primary vegetables in a low carb diet. They are filling, packed with fiber and nutrients, and very low in both carbs and calories.

FOOD	SERVING SIZE	NET CARBS (G)
Arugula	1 cup (20g)	0.4
Beet greens	1 cup (38g)	0.2
Bibb lettuce	1 cup (55g)	0.6
Bok choy	1 cup (70g)	0.8
Broccoli rabe	1 cup (40g)	0.0
Butter lettuce	1 cup (42g)	0.5
Cabbage	1 cup (89g)	3.0
Chard	1 cup (36g)	0.8
Collard greens	1 cup (256g)	0.5
Endive	1 cup (50g)	0.1
Iceberg lettuce	1 cup (57g)	1.2
Kale	1 cup (67g)	3.4
Mustard greens	1 cup (56g)	0.8
Spinach	1 cup (30g)	0.4
Sprouts	1 cup (33g)	2.3
Romaine	1 cup (47g)	0.6
Watercress	1 cup (34g)	0.2

LOW CARB VEGETABLES

Most vegetables are great for a low carb diet, with a few exceptions. This list includes a range from moderate to very low carb vegetables.

Learn more about [keto vegetables here](#), including the best ones to eat, recipes, and which ones to avoid.

Serving size volumes vary depending on produce size and chopping style, if any. For exact measurement, go by weight.

FOOD	SERVING SIZE	NET CARBS (G)
Artichokes	1/2 cup (84g)	5.2
Asparagus	1 cup (134g)	2.4
Bamboo shoots	1 cup (151g)	4.6
Bell peppers	1 cup (92g)	3.6
Broccoli	1 cup (91g)	3.6
Brussels sprouts	1 cup (88g)	4.6
Cauliflower	1 cup (107g)	3.2
Celeriac	1/2 cup (78g)	5.8
Celery	1 cup (101g)	1.4
Chili peppers	1 pepper (1.4g)	1
Cucumbers	1/2 cup (52g)	1.6
Eggplant	1 cup (82g)	2.3
Fennel	1 cup (87g)	3.7
Garlic	1 clove (3g)	0.9
Green beans	1 cup (100g)	4.3
Jalapeno peppers	1 pepper (14g)	0.5
Jicama	1 cup (130g)	5.1
Kelp noodles	4 oz. (113 g)	0
Leeks	1/2 cup (45g)	5.5
Mushrooms	1 cup (86g)	2.2
Okra	1 cup (100g)	4.3
Onions	1/2 cup (58g)	4.3
Poblano peppers	1 pepper	1.9
Pickles	1 large (135g)	1.9
Pumpkins	1 cup (116g)	6.9
Radishes	1 cup (116g)	2
Rhubarb	1 cup (122g)	2
Rutabagas	1 cup (140g)	8.9
Scallions (green onions)	1 cup (100g)	4.7
Shallots	1 cup (10g)	1.4
Shirataki noodles	1 cup	0
Snow peas	1 cup (98g)	4.9
Spaghetti squash	1 cup (101g)	5.5
Turnips	1 cup (130g)	6.1
Zucchini	1 cup (113g)	2.4
Yellow squash	1 cup (113g)	2.6

LOW CARB FRUITS

You can enjoy fruit in moderation on a low carb or keto diet. The following low carb fruits list includes the best ones to choose.

Avoid high-sugar tropical fruits.

Serving size volumes vary depending on produce size and chopping style, if any. For exact measurement, go by weight.

FOOD	SERVING SIZE	NET CARBS (G)
Avocados	1/2 fruit (100g)	1.8
Raspberries	1/2 cup (61.5g)	3.3
Blueberries	1/2 cup (74g)	8.9
Blackberries	1/2 cup (72g)	3.1
Coconuts, flesh	1/2 cup (40g)	2.5
Cranberries	1/2 cup (55g)	4.6
Currants	1/2 cup (56g)	5.3
Strawberries	1/2 cup (76g)	4.3
Lemons	1 lemon (58g)	3.8
Limes	1 lime (67g)	5.2
Olives	1/2 cup (67g)	2.2
Tomatoes	1 cup (180g)	4.8
Watermelon	1/2 cup (76g)	5.5

LOW CARB FATS

Healthy fats are crucial in a low carb & keto foods list! They keep you full and satisfied. If you are keto, they also help you stay in ketosis.

All pure fats/oils are 0 carb, but it's recommended to avoid soy, corn, canola, "vegetable", and cottonseed oils. These are usually GMO and highly processed.

When choosing fats for cooking, consider the smoke point to avoid exposure to carcinogens. Avocado oil and refined coconut oil have some of the highest smoke points. Any extra virgin oil, like extra virgin olive oil, will have a lower smoke point.

FOOD	SERVING SIZE	NET CARBS (G)
Avocado oil	1 tbsp (14g)	0
Butter	1 tbsp (15g)	0
Cocoa butter	1 tbsp (13.6g)	0
Coconut oil	1 tbsp (13.6g)	0
Ghee	1 tbsp (13g)	0
Lard, other animal fats	1 tbsp (12.8g)	0
MCT oil	1 tbsp (14.5g)	0
Olive oil	1 tbsp (13.5g)	0
Other nut & seed oils	1 tbsp (~13.5g)	0

LOW CARB MEAT & POULTRY

Meat and poultry is the main source of protein on a low carb or keto diet. Especially for keto, choose fattier cuts of meat when you can. Grass fed, pasture raised meat and poultry is the healthiest choice, if possible.

FOOD	SERVING SIZE	NET CARBS (G)
Bacon & sausage	4 oz (113g)	0
Beef – ground, steak, roast, veal	4 oz (113g)	0
Deli meats – beef, chicken, turkey, ham, etc. (no sugar added)	4 oz (113g)	0-1.7
Game meats – bison, venison, etc.	4 oz (113g)	0
Lamb – ground, chops, etc.	4 oz (113g)	0
Liver & other organ meats	4 oz (113g)	0-4.4
Pork – ground, chops, loin, ham, etc.	4 oz (113g)	0
Poultry – chicken, turkey, duck, quail, etc.	4 oz (113g)	0

LOW CARB SEAFOOD

Fish and seafood are great sources of protein. Fish also provides an excellent source of healthy omega-3 fats. Watch for carbs in shellfish, which can be a little higher in carbs than other protein types.

FOOD	SERVING SIZE	NET CARBS (G)
Fish – cod, flounder, halibut, mahi-mahi, salmon, sardines, sea bass, snapper, tilapia, trout, tuna, etc.	4 oz (113g)	0
Shellfish – clams, crab, lobster, mussels, oysters, scallops, shrimp, squid, etc.	4 oz (113g)	0-3

LOW CARB DAIRY & EGGS

For those that can tolerate dairy, it makes a great addition to a low carb keto food list. Choose full-fat dairy over fat-free or low-fat, which is higher in carbs.

Coconut cream is not dairy, but makes a great substitute and is included here. It's thick and creamy, and often works instead of heavy cream, yogurt or even sour cream in recipes.

Eggs are also not dairy, but are listed in this section for convenience. They are found in the dairy section of the grocery store, but you can still enjoy them if you are dairy-free.

FOOD	SERVING SIZE	NET CARBS (G)
Cheeses, all kinds – blue, brie, cheddar, dubliner, feta, goat, gouda, gorgonzola, gruyere, jack, mozzarella, parmesan, swiss, etc.	1 oz (28g)	0-1.5
Coconut cream	1 tbsp (15g)	1.7
Cream cheese	1 tbsp (14.5g)	0.8
Eggs	1 egg (56g)	0
Half & half	1 tbsp (15g)	0.7
Heavy cream	1 tbsp(15g)	0.4
Mascarpone cheese	2 tbsp (28g)	0.6

Sour cream	1 tbsp (12g)	0.6
Whole milk Greek yogurt	1 cup (100g)	9.7
Whole milk cottage cheese	1/2 cup (105g)	7.1
Whole milk ricotta cheese	1/2 cup (62g)	3.7

LOW CARB NUTS & SEEDS

Enjoy nuts and seeds in moderation on a keto or low carb diet. They can be easy to overindulge on, so portion control is important. Still, they make great snacks or additions to keto recipes.

FOOD	SERVING SIZE	NET CARBS (G)
Almond butter	2 tbsp (32g)	2.7
Almonds	1/4 cup (28g)	3
Brazil nuts	1/4 cup (33g)	1.4
Chia seeds	1 oz (28.35g)	2.1
Coconut flakes	3 tbsp (22.5g)	3
Flax seeds	2 tbsp (20.6g)	0.4
Hazelnuts	1/4 cup (34g)	2.3
Hemp seeds	3 tbsp (30g)	1.4
Macadamia nuts	1/4 cup (33g)	1.7
Other nut butters – hazelnut, macadamia, pecan, walnut, etc.	2 tbsp (~32g)	0.5-3
Peanut butter	2 tbsp (32g)	4
Peanuts	1/4 cup (36g)	4.7
Pecans	1/4 cup (36g)	1
Pine nuts	1/4 cup (36g)	3.2
Pistachios	1/4 cup (31g)	5
Poppy seeds	1 tbsp (8.8g)	0.8
Pumpkin seeds	1/4 cup (32g)	3
Sesame seeds	1 tbsp (9g)	1
Sunflower seed butter	2 tbsp (32g)	5.7
Sunflower seeds	1/4 cup (11.5g)	1.3
Walnuts	1/4 cup (30g)	2

LOW CARB BEVERAGES

Whenever possible, drink water! It is by far the best beverage. You can change it up by adding lemons or cucumber slices.

That being said, there are other options that should be included in any complete low carb food list. Almond and coconut milk make great low carb alternatives to dairy milk that is high in carbs.

Coffee and tea are perfectly fine, too.

Drinking alcohol can stall weight loss, but is okay to enjoy in moderation. Skip the fruity, sugar-laden drinks and beer; stick to either hard alcohol and dry wines.

FOOD	SERVING SIZE	NET CARBS (G)
Almond milk, unsweetened	1 cup (240ml)	1.5
Broth – chicken, beef, bone	1 cup (241g)	0-0.9
Broth – vegetable	1 cup (221g)	2
Coconut milk, canned, unsweetened	1/2 cup (113g)	3.2
Coconut milk, carton, unsweetened	1 cup (240ml)	1
Coffee	1 cup (248g)	0.5
Hard liquor	1 fl. oz (27.8g)	0
Tea	1 cup (237g)	0
Water	1 cup (235ml)	0
Wine, red or white, dry	5 fl. oz (147g)	3.1-3.7

LOW CARB SWEETENERS

Here at Wholesome Yum, we recommend only natural low carb sweeteners. Artificial sweeteners are more likely to spike insulin and have less known long-term effects. For a more detailed look at low carb or keto sweeteners, see my [low carb sweetener guide & conversion chart](#).

All the sweeteners in this list have 0 net carbs, because they either do not get absorbed or do not metabolize well. Serving sizes can vary by brand, depending on blend/concentration.

FOOD	SERVING SIZE	NET CARBS (G)
Allulose	1 tsp (4g)	0
Chicory root	1/2 cup (45g)	0
Erythritol	1 tsp (4g)	0
Monk fruit	1 tsp (4g)	0
Stevia	1 tsp (4g)	0
Xylitol	1 tsp (4g)	0

LOW CARB FLOURS & BAKING

Who says you can't enjoy baked goods on a low carb or keto diet? You can! Of course, they are still best in moderation, but it's definitely doable and can help you stay on track.

Below is a list of common low carb flours and baking staples, such as thickeners and extracts. Always check labels to make sure no sugar or artificial additives are included.

Learning to bake with low carb flours takes time, because they behave differently from traditional wheat flour. Get started by following tried and true recipes. I have lots of [low carb dessert recipes](#) for you to try!

FOOD	SERVING SIZE	NET CARBS (G)
Almond flour	1/4 cup (28g)	2
Cocoa/cacao powder	1 tbsp (5.4g)	1.1
Coconut flour	2 tbsp (14g)	2
Hazelnut flour	1/4 cup (28g)	2
Macadamia nut flour	1/4 cup (28g)	2.9
Peanut flour	1/4 cup (15g)	2.8
Flax seed meal (plain or golden)	2 tbsp (11g)	0

Gelatin	1 tbsp (7g)	0
Glucomannan	1/2 tsp (2g)	0
Protein powder(whey, collagen, etc.), unsweetened	1 scoop (~30g)	0
Pork rinds	1/2 oz (14g)	0
Psyllium husk powder	1 tsp (4g)	0
Pure extracts – vanilla, fruit	1 tsp (4.2g)	0.1
Sunflower seed meal	1/4 cup (28g)	4
Chocolate, unsweetened baker's or w/sweeteners above	1 oz (29g)	2.9-3.4
Xanthan gum	1/2 tsp (0.7g)	0

LOW CARB HERBS

All fresh herbs can be used as part of a keto or low carb diet. They are one of the best ways to add flavor to any dish!

Carbs listed below are based on *fresh* herbs, chopped. If using dried herbs, the conversion is 3:1. That is, 1 tbsp fresh = 1 tsp dried.

FOOD	SERVING SIZE	NET CARBS (G)
Basil	2 tbsp (5.3g)	0
Bay leaves	1 tbsp (0.6g)	0.3
Chives	1 tbsp (3g)	0.1
Cilantro	1 tbsp (1g)	0.1
Dill	1 tbsp (0.6g)	0.1
Marjoram	1 tbsp (0.6g)	0.2
Mint	1 tbsp (1.6g)	0.1
Oregano	1 tbsp (3g)	0.3
Parsley	1 tbsp (3.8g)	0.1
Rosemary	1 tbsp (1.7g)	0.2
Sage	1 tbsp (0.7g)	0.1
Savory	1 tbsp (1.4g)	0.4
Tarragon	1 tbsp (0.6g)	2.1
Thyme	1 tbsp (2.4g)	1.2

LOW CARB SPICES & SEASONINGS

Including spices and seasonings in your food makes it a lot more interesting. Most spices and seasonings are keto and low carb friendly, but watch for added ingredients. Some spices or mixes add cornstarch or sugar, so you will want to avoid those. Most seasoning mixes can be made at home without the weird ingredients.

FOOD	SERVING SIZE	NET CARBS (G)
Allspice, ground	1 tsp (1.9g)	1
Black pepper	1 tsp (2.3g)	0.9
Cardamom	1 tsp (2g)	0.8
Cayenne pepper	1/4 tsp (0.5g)	0.2
Celery seed	1 tsp (2g)	0.6
Chili powder	1 tbsp (8g)	1.2
Cinnamon, ground	1 tsp (2.6g)	0.7
Cloves, ground	1 tsp (2.1g)	0.7
Cream of tartar	1 tsp (3g)	1.8
Cumin, ground	1 tsp (2.8g)	0.4
Curry powder	1 tsp (2g)	0
Fennel seed	1 tbsp (5.8g)	0.7
Garlic powder	1 tsp (3.1g)	2
Ginger, ground	1 tsp (1.8g)	1
Mustard, ground	1 tsp (2g)	0.4
Nutmeg, ground	1 tsp (2.2g)	0.6
Onion powder	1 tsp (2.4g)	1.5
Paprika (regular or smoked)	1 tsp (2.3g)	0.4
Red pepper, crushed	1 tsp (2g)	0
Salt (sea salt, Himalayan, etc.)	1 tsp (6g)	0
Turmeric	1 tsp (3g)	1.3

LOW CARB CONDIMENTS

There are plenty of condiments that you can enjoy as part of your keto food list. Just watch for added sugar where you might not

expect it, and skip high-sugar ones like pre-made ketchup or sweet dressings.

For any store bought items below, the numbers are based on those without added sugar. If possible, it's better to make your own using low carb ingredients, and sugar-free or no sweetener.

FOOD	SERVING SIZE	NET CARBS (G)
Chimichurri sauce	1 tbsp	1
Coconut aminos	1 tbsp (15ml)	6
Dressings, oil or vinaigrette	2 tbsp (~30g)	2-3
Dressings, creamy (ranch, blue cheese, Caesar, etc.)	2 tbsp (~30g)	0-2
Horseradish	1 tsp (5.6g)	0.5
Hot sauce (sriracha, buffalo, red pepper sauce, etc.)	1 tsp (6.5g)	0.1
Lemon juice, lime juice	2 tbsp (31g)	0.7/2.5
Marinara sauce	1/2 cup (132g)	7.4
Mayonnaise	1 tbsp (13.8g)	0.1
Mustard	1 tsp (5g)	0.1
Pesto sauce	1/4 cup (61g)	2.8
Salsa	2 tbsp (36g)	1.7
Vinegar – white, apple cider	1 tbsp (15ml)	0
Vinegar – balsamic	1 tbsp (16g)	2.7

From <<https://www.wholesomeyum.com/low-carb-keto-food-list/>>